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EDITORIAL

Major crime declined, while oil price going down

New Yorkers are starting 2015 with two important positive trends--a significant decline in murder and major crime in the city and a steep drop in the cost of crude oil.

As reported by the NYPD, the number of murders in New York City has dropped to a low of 328 killings recorded in 2014, the lowest figure since at least 1963, when the department began collecting reliable statistics.

Reports of major crimes citywide continued their yearlong decline, to 105,428 through Dec. 28, from 110,728 in the same period in 2013, according to department statistics. Murders dropped from 335 in 2013.

We all want a very safe and secure environment not just for business, but also for the protection of our families and friends. We must commend the city's law enforcement team, including the NYPD, for successfully adopting effective strategies that are protecting the lives of our citizens and our property owners.

However, last year was a very horrific period for hundreds of city's African Americans who were harassed, abused or killed by racist cops. The mayor and his police chief must do a better job in managing the behavior of police officers that frequently demonstrate racial bias against Black people.

We should not interfere with those professional police officers that are doing their job of maintaining law and order without fear or favor. At the same time, we must also eradicate those dishonorable cops who continue to prey on people from a specific culture or race.

The behavior of racist and bad cops, we believe, will turn good people into criminals.

Oil price going down

We are happy that global oil prices have fallen sharply over the past seven months, leading to significant revenue shortfalls in many energy exporting nations, while consumers in many importing countries are likely to have to pay less to heat their homes or drive their cars.

Since 2010, world oil prices had been fairly stable, at around $110 a barrel.

However, since June 2014 prices have more than halved. Brent crude oil has now dipped below $50 a barrel for the first time since May 2009 and US crude is down to below $48 a barrel.

Economists attributed the weak demand of oil in many countries due to insipid economic growth, while US has significantly increased production. Furthermore, the oil cartel OPEC is determined not to cut production as a way to prop up prices.

If the decreasing price of oil continues during 2015, American businesses will benefit from a major cut in their overhead expenses.

The decline in major crimes in New York City and sliding oil prices are two positive trends for 2015.

patrick@streethype.net

The opinions expressed in this newspaper, except for the above, do not necessarily reflect the views of Street Hype Newspaper and its publishers. Please send your comments and or suggestions to editor@streethypenewspaper.com. Responses should be no longer than 400 words. Not all articles will be published

People Are Talking...!

Uncertainty in Leadership and Critical Thinking

Critical thinking differs from traditional thinking by accepting the possibility that a radical or fundamentally different solution may be necessary to address a problem. Ideally you should ask why as well as how when using the critical thinking process.

When you think critically, you are challenging the basic assumptions held by others to determine if the assumptions are valid. Because critical thinking involves seeking alternative solutions, it carries risks that the solution to the problem selected for implementation will not achieve the desired outcome.

The critical thinking process is intended to provide you with enough information to determine if an assumption is valid and to identify a range of possible solutions to the problem.

In practical situations, however, leaders are faced with the task of making decisions when there is insufficient information. They must make a decision but often do not have all of the facts or sufficient time to fully evaluate the accuracy of the information or the validity of the assumptions.

Despite the uncertainty, leaders are responsible for making a decision that will affect others' and the group's ability to achieve a goal. Ideally, the use of the critical thinking process can provide a formal and systematic structure for collecting and analyzing information that can reduce uncertainty in the decision-making process.

The amount of available information theoretically reduces uncertainty in the critical thinking process. In practice, however, leaders rarely have sufficient information to be absolutely certain that a decision based on a critical thinking approach will achieve the desired outcome.

There may be information that the leader has overlooked or information that has not been given an appropriate weighting.

Dr Neva Alexander SPEAKS

While collecting additional information and reexamining the available information tends to reduce uncertainty further, it is time-consuming and may not change the conclusion reached by the critical thinking process. In addition, leaders often do not have the luxury of examining information for an extended period of time before making a decision.

Because of the inherent uncertainty in the outcome of the critical thinking process, leaders must be willing to accept the risk that they have not selected the best solution to solve a problem. While critical thinking can reduce some of the risk by creating a framework for collecting and evaluating information, it cannot eliminate all of the risk. The responsibility of the leader is to use critical thinking to make the best decision possible under the circumstances while accepting the risk that a decision may not produce the desired results.

Dr. Neva Alexander, an Educational Consultant,
neva.alexander@gmail.com • www.nevalliance.com

STREET HYPE

Publisher & Editor:
PATRICK MAITLAND

Consulting Editors
GLORIA BENT
PAULETTE GRANT
ANGELLA GOLDING
ANTHONY TURNER

Business office:
329 Miller Place
Mount Vernon, NY 10550
Tel: 914-663-4972-3 • Fax: 914-663-4972
editor@streethypenewspaper.com

advertising@streethypenewspaper.com
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NEWS

Nurse Charged With Homicide

By Kimmy Blair
Street Hype Reporter

Bronx, NY -- The Supreme Court has indicted a nursing home aide for the death of a 77-year-old man who was in her care at a Bronx facility, Bronx County District Attorney Robert Johnson announced on Jan. 13.

Cherrylee Young, 41, pled not guilty during her arraignment before Justice George Villegas at the Bronx Hall of Justice, 265 East 161st Street.

She had been charged with Criminally Negligent Homicide (Class E Felony); Assault in the 2nd Degree (D Felony); Endangering the Welfare of an Incompetent Person (D Felony); and Endangering the Welfare of a Vulnerable Elderly Person in the 1st Degree (D Felony, 2 Counts)

It is alleged that while Young was employed at the University Nursing Home at 2505 Grand Ave., she was assigned to care for patients, including 77 year-old Frank Mercado, who was suffering from dementia.

Although she had been instructed that if dementia patients become combative no physical action is to be taken, she allegedly repeatedly punched the man, causing him to fall to the floor.

In the fracas on Dec. 8, 2014, a table broke, officials said. The medical examiner determined that a protruding piece of metal from the broken table impaled Mercado in the rectum as he fell, causing internal bleeding.

Cherrylee Young, 41
Nursing Home Aide

Mercado was taken to an area hospital, where he died. If convicted of the charges brought, Young faces a prison term of up to seven years.

The Bronx DA's Senior Assistant District Attorney Nancy Borko is prosecuting the case against Young. The case has been adjourned until April 10, 2015.

The charges contained in the indictment are allegations; the defendant is presumed innocent until and unless proven guilty.

Hundreds say good-bye to Jamaican broadcaster

By Patrick Maitland
Street Hype Editor

Several hundreds members of the Jamaican American community paid respect and tribute to one of their own, newspaper distributor and freelance broadcaster Douglas Fidler, during funeral and burial ceremonies January 17 in New York.

Affectionally known as "Dougie," Fidler died Jan. 7 from kidney complication. He had celebrated his 55th birthday days earlier on January 2.

Fidler was a prominent member of the Jamaican North American community and served for many years as a distributor of The North America Gleaner, after taking over the reigns from his father, Keith Fidler.

He was also one of the most popular "community broadcaster" on the Clinton Lindsay Radio Show, The Gil Bailey Show on W.P.A.T. and as a freelance reporter on several Jamaican radio programs.

"He was insightful, affable and highly informative. He was also known for his intellectually stimulating presentations," recalled Lindsay, a Jamaican born broadcaster.

Fidler is survived by his wife Novlette; sons, Brandon and Jordan; daughter, Tiffany; grandchildren, Giorgio, Gianni and Andre; father, Keith Fidler; sisters, Jewel (Darden), Kamla (Vaughn) and scores of other relatives and friends.

Douglas Fidler, 55
Freelance broadcaster

Funeral services were held at the Eternity Funeral Home, 725 East Gunhill Road in the Bronx and the burial took place at Poughkeepsie Rural Cemetery, 342 South Avenue, Poughkeepsie, both on Saturday, January 17.

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NEWS

Germs in Co-op City Cooling Towers

BRONX:

The cooling towers of Co-Op City in the Bronx were shutdown for decontamination after the New York City Health Department tracked down the source of an outbreak of Legionnaires' disease to the complex.

Since December last year, 8 of the 12 cases of Legionnaires' disease in the Bronx have been diagnosed among residents of the Co-Op City, according to the health department.

Preliminary test results by the department indicate cooling towers in the sprawling complex were contaminated with the Legionella bacteria, which causes the illness.

River Bay Corp., which manages complex, was ordered to take immediate steps to minimize Legionella risk. The towers were shut down for cleaning and chlorination. "The Health Department is concerned about this sudden increase in Legionnaires' disease in the Bronx," said Health Commissioner Dr. Mary Bassett. "We are conducting a thorough investigation and working closely with River Bay Corporation to minimize the public risk and to prevent future cases. I urge anyone with symptoms to seek medical attention right away."

River Bay began decontaminating the cooling system on Jan. 10 and was expecting the process to take a little more than a week to be completed, the department said. The cooling towers have been shut down for the cleaning and chlorination.

The water in the cooling tower is self-contained and is separate from the water used by Co-Op City residents for drinking, cooking and bathing. The water at Co-Op City is safe to drink, bathe and cook with.

The Health Department is continuing its investigation to determine if the cooling towers are the source of these recent cases. Although no determination has been made that the cooling towers are the cause of any reported case of Legionnaires' disease, the Health Department nonetheless instructed River Bay to take immediate steps to decontaminate the cooling tower in order to minimize the risk.

Throughout the disinfection process, River Bay will continually test for Legionella and report the results back to the Health Department. Following this initial phase, the Health Department and River Bay will continue to work together to modify maintenance procedures to prevent the regrowth of Legionella. There is not expected to be any disruption to tenants' heat or hot water service during this process.

Caused by the bacteria Legionella, symptoms of Legionnaires' disease can include fever, chills, and cough. Other symptoms include muscle aches, headache, fatigue, loss of appetite, confusion and, occasionally, diarrhea. Chest X-rays usually show pneumonia. Symptoms usually appear 2 to 10 days after significant exposure to Legionella bacteria. Legionnaire disease cannot be spread from person to person.

Most cases of Legionnaires' can be traced to plumbing systems where conditions are favorable for Legionella growth. Examples of such systems are whirlpool spas, hot tubs, humidifiers, hot water tanks, cooling towers and evaporative condensers of large air-conditioning systems.

For more information about Legionnaires' disease, visit the Health Department website.

The late Leroy Ridgway, 70
'Living Truth'

Thanksgiving services for 'Living Truth'

A thanksgiving service in honor of the late veteran Jamaican-born singer Leroy "Living Truth" Ridgway will be held at Freedom Hall Church in Denbigh, Clarendon, Feb. 1, at 10 AM.

Ridgway, 70, died on Jan. 8, less than two years since returning to his homeland, Bird Hill, Jamaica. He previously resided in White Plains with his family for over 30 years.

A family member, Sean Green, told Street Hype that his uncle complained of chest pain and was admitted to May Pen Hospital where he died with in a few hours. Up to press time his autopsy report was not released.

The late reggae singer is survived by a son and a daughter.

Councilman King to Host Funding Workshop

BRONX:

New York City Council Member Andy King will hold a workshop on Monday, Jan. 26, for community-based organizations that would like to apply for discretionary funding from his office.

The applications for Council Discretionary Member Item funding, which is awarded each year by council members to non-profits and other eligible groups in their districts, must be completed online. But the workshop will help to make sure those applying for funding to fully understand the process.

Those organizations applying for funding from Council Member King are strongly urged to attend the workshop on Monday, 6-9 p.m., at the Williamsbridge NAACP ECE Center, 680 East 219th St., Bronx.

Applications must be completed online in one session and applicants cannot save the information as they work or navigate away from the page while they are working. But the application does not time out, and applicants can go back to correct mistakes.

Applications are currently available on the city council website – http://council.nyc.gov (click pull down button `Budget').

King

The FY 2016 timetable is as follows:

- Currently – FY 2016 applications available on the city council website (applications may only be submitted online);
- Feb. 20 - FY 2016 discretionary expense funding applications must be completed no later than 5 p.m.;
- Feb. 26 - FY 2016 capital funding applications to the borough president and city council for the same project must be completed no later than 5:00 p.m.;
- March 26 - The deadline for FY 2016 capital applications to the city council only must be completed no later than 5:00 p.m.

For more information on the applications or budget process, please contact Brian Melford, Special Assistant to Council Member Andy King at (718) 684-5509.

NEWS OF THE WORLD

Caribbean Airlines pilots suspended

PORT OF SPAIN, Trinidad:

The two Caribbean Airlines pilots involved in a near collision on Saturday night at New York's JFK International Airport have been suspended pending the outcome of an investigation into the incident, the Trinidad and Tobago Civil Aviation Authority (TTCAA) said in a statement.

The Caribbean Airlines Boeing 737-800, arriving from Georgetown, Guyana, reportedly failed to stop short of a runway as instructed and caused a JetBlue Airbus A320-200 to abort its takeoff at high speed.

Although the two aircraft were reportedly no closer than 2,800 feet (half a mile), the takeoff speed of an Airbus A320 is 170 mph or 250 feet per second. In other words, at the reported closest proximity of 2,800 feet, the JetBlue aircraft could have been as little as 11 seconds from disaster.

PUTIN DENIES RUSSIAN PLANS TO REOPEN SPY BASE IN CUBA:

The former Soviet-era listening station in 2001 in Lourdes some 18 miles out.

According to Russia's state-owned news agency ITAR-TASS, President Vladimir Putin has denied that Russia plans to reopen its signals intelligence (SIGINT) base in Lourdes, Cuba. Speaking at the BRICS (Brazil, Russia, India, China, South Africa) summit in Brasilia, Putin noted that "Russia is capable of fulfilling its defence capacity tasks without this component (Lourdes)".

Jamaicans arrested in Trinidad

Trinidad and Tobago:

Three Jamaicans have been arrested in Trinidad and Tobago on suspicion of working without permits.

According to a statement from the Trinidad and Tobago Police Service, between Tuesday night and early Wednesday, a team conducted a raid at Federation Park.

Two women from Jamaica ages 46 and 52 along with a 19 year old man were held in relation to immigration violations.

They were arrested for working without permits and detained pending further enquiries.

Students protest at UWI

St. Augustine, Trinidad:

Students of the St. Augustine campus of the University of the West Indies in Trinidad & Tobago brought activities at the campus to a standstill on Wednesday morning.

The Trinidad Express newspaper reports that, approximately 4:00 a.m., students formed human chains at the north and south entrances of the campus, declarign that they would not to let anyone onto the compound until their grades were released.

Grades are being withheld by lecturers who are protesting the failure by the UWI to pay outstanding money.

Last July, the West Indies Group of University Teachers (WIGUT) signed an agreement for a six per cent increase in pay. They received their new wages but failed to receive their back pay.

The protest ended before noon, but students have reportedly promised to resume if the issue is not resolved.

Cyber security predictions for 2015

BRIDGETOWN, Barbados -- Our 2014 predictions and awareness mission covered attack vectors across websites, data, email, and networks due a rise in malware infestations as well as a rise in persons being victims of cybercrime across the Caribbean. In 2014, five of the six forecasts were right on the money and gave a valuable insight into preparations to pro-actively defend our personal, data and financial assets.

The Caribbean Cyber Security Center (CCSC) has a proven track record of accurately predicting the threats that will face the Caribbean and beyond over the next year.

Guyana and Suriname both go to the polls in May

By Ray Chickrie
Caribbean News Now contributor
GEORGETOWN, Guyana:

Guyana and Suriname, both members of Caribbean Community (CARICOM), will go to the polls in May. Suriname's President Desi Bouterse completed a successful term in office and will run again for another term.

However, Guyana's President Donald Ramotar's term in office has been cut short by two years after the combined opposition attempted to move a vote of no-confidence against his government last November.

Ramotar instead prorogued parliament at that time to avoid certain defeat since the combined opposition parties hold a slim majority in parliament.

English-speaking Guyana will hold national and local government elections on May 11, Ramotar announced in a national address on Tuesday.

In Suriname, a former Dutch Colony, national elections will be held on May 25.

Meanwhile, the Guyana Human Rights Association (GHRA) has questioned Ramotar's election announcement without dissolving parliament. They claim that the country is heading from one crisis to another.

Ramotar said on Tuesday that his commitment to "preserving and strengthening" Guyana's democracy is unquestionable.

In Suriname, on the other hand, Bouterse is poised to win the upcoming election. He is a favourite among Surinamese who identify with his social development agenda. Many Surinamese agree that Bouterse is living up to the slogan of his government: "Broko a pina, tek yu gudu" -- "break away from poverty by pursuing wealth".

One taxi driver remarked, "Bouterse is working for the people -- he is focusing on education, healthcare, housing and the needs of senior citizens."

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LEGAL ISSUES

Considering Property Acquisition in Jamaica

If you are intent on purchasing property in Jamaica it may prove beneficial to observe some guidelines to allow for a relatively smooth transaction.

First, one would need to see the property, whether in person or by way of photographs from a reliable source. Your subsequent decision to purchase the property, sometimes beginning with an offer to purchase and later reduced to writing by way of a signed Agreement for Sale, could imply that you were satisfied with the physical state and condition of the property from the onset. Difficulties could arise in a purchaser's later attempts to cancel the Agreement for Sale on the basis of the property's physical condition.

Coupled with this first step, if the property appears satisfactory, the Vendor would need to produce a registered title for inspection.

Secondly, it is optional in the case of a cash purchase whether a valuation report is obtained. This is however mandatory where mortgage loan financing is required. A surveyor's report is necessary in either scenario.

Thirdly, a Caveat search should be undertaken to determine whether or not any caveats, loosely defined as restrictions against the title, exists.

There are some caveats that can be easily addressed but there are others that have the capacity to prevent the sale from progressing to completion unless they are removed by the entity that placed them against the title. One would therefore need to know the state of the registered title from the onset.

JAMAICAN LAWS

By Lauren Boyd
Attorney-at-Law

Lauren Boyd is an Attorney-at-Law licensed to practice law in Jamaica. Contact her at (917)420-9777 or laursjoy2009@gmail.com for further information on this article.

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SPORTS

Top stars confirmed for Jamaica meet

AMERICAN Justin Gatlin, the fastest man on the planet last year, will return to the Jamaica International Invitational Meet (JII) this year where he could clash with some of the top Jamaican sprinters at the May 9 IAAF World Challenge-certified meet.

Gatlin, who had personal best times of 9.77 seconds in the 100m and 19.68 seconds in the 200m last season, both fastest in the world, was included on a list of 12 athletes, including double World Championships gold medallist Shelly-Ann Fraser-Pryce, who have confirmed their participation in the event.

Former world record holder Asafa Powell, who ended the 2014 season as the fastest Jamaican with 9.87 seconds, World Championships 100m bronze medallist and Olympic 110m hurdles bronze medallists Hansle Parchment, as well as Nesta Carter are also confirmed, according to the release.

Fraser-Pryce heads the female list so far which also includes Nigerian Blessing Okagbare, who won the women's 100m last year, Americans Allyson Felix and Dawn Harper and Jamaicans Commonwealth Games champions Kaliese Spencer and Stephanie McPherson, as well as IAAF Diamond League champion Novelene Williams-Mills.

The events in which these athletes will participate are yet to be confirmed.

Sunshine Girls whip England

AN outstanding fourth-quarter show propelled Jamaica to a 57-47 hammering of England last night at the National Indoor Sports Centre in Kingston and a 2-1 win in the Supreme Ventures Sunshine series.

Goal-shooter Jhaniele Fowler-Reid came off the bench to lead Jamaica with 28 goals from 34 attempts. Romelda Aiken, who started in the shooting position, was 15 from 19. The England Roses top goal-shooter Jo Harten was 35 from 38, while goal-attack Pamela Cookey was 10 from 15.

The teams were tied 37-37 at the end of the third quarter, but the Sunshine Girls, riding on the energy of the vociferous home support, dug deep and put in a scintillating effort to stun third-ranked England.

The fourth-ranked hosts held a narrow 14-12 goal-lead at the end of the first quarter, but the scores were locked 24-24 at the half-time break.

The series was tied 1-1 after the teams shared the opening two games played on Saturday and Sunday.

JAMAICAN SPORTSMAN AND SPORTSWOMAN OF THE YEAR AWARDS:

Boxer, Nicholas 'The Axeman' Walters, and swimming star, Alia Atkinson, have been added to the hallowed corridors of Jamaican sporting heritage, after coming out on top at the 54th RJR Sports Foundation National Sportsman and Sportswoman of the Year Awards during a function at the Jamaica Pegasus hotel in New Kingston, Jamaica WI. Walters and Atkinson attained the feat three days after receiving a Gleaner Special Award and Honour Award, respectively, for Sports. Atkinson also received the people's choice award based on popular votes.

U20 Reggae Boyz officially eliminated

Jamaica's Under-20 Reggae Boyz are now out of contention for a place at this year's FIFA Under-20 World Cup finals to be held in New Zealand.

The Young Boyz were booted 2-0 by the United States who rekindled their push for a qualifying spot.

The Jamaicans were handed a major boost ahead of the kick-off after group leaders Panama beat Trinidad & Tobago to leave them within striking distance of the host country. But a double strike from Romain Gall in the 33rd and 70th minutes condemned Jamaica to a costly defeat, which leaves them on one point from 4 matches.

Crushing defeat for Windies!

West Indies suffered a crushing defeat in the third one day international cricket match against South Africa at East London on Wednesday.

The visitors, batting first, were bowled out for just 122, in 33.4 overs. A top score of 26 by Marlon Samuels underscored just how dismal the batting was, with five players failing to get into double figures.

Imran Tahir was the chief destroyer for South Africa, taking 4/28, while Vernon Philander took 3/27.

When the South Africans batted, they underlined just how pathetic their counterparts had been, easily overtaking the target in the 25th over, for the loss of only one wicket.

Hashim Amla top scored with 61 not out, while Faf du Plessis, also not out, made 51. West Indies now trails 0-3 in the five-match ODI series.

Cuba plays Caribbean Baseball Series

HAVANA, Cuba (ACN) -- Juan Francisco Puello Herrera, commissioner of the Caribbean Professional Baseball Confederation, has ratified the presence of Cuba in the upcoming Caribbean Baseball Series, to take place from February 2 to 8 in San Juan, Puerto Rico.

Puello Herrera confirmed on Tuesday Cuba's participation of in the Caribbean Classic following some media reports about the possible absence of the Cuban squad, the sports publication Jit reported on its website.

The head of the baseball confederation said they are still involved in preparations, less than a month before the start of the competition.

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ENTERTAINMENT

Shaggy, Maxi Priest, Sanchez For Valentine's Weekend

Jamaican reggae royalty-2015 Grammy Award nominee and past winner SHAGGY "Mr. Boombastic" headlines with singers MAXI PRIEST "Close to You" and SANCHEZ "Missing You" in one-of-a-kind celebration of Reggae's lover's rock, dancehall, ska and R&B fusion in two big concerts at two landmark venues on Valentine's Weekend.

The Singers In Action-Part 4 will be held on Friday, February 13th, 2015 at NJPAC-NJ Performing Arts Center in Newark, NJ and on Saturday, February 14th, 2015 at Bam (Brooklyn Academy of Music in Brooklyn, NY.

SHAGGY

MAXI PRIEST

SANCHEZ

Tickets are On Sale Now. To purchase tickets for Friday, February 13 @ NJPAC visit www.ticketmaster.com and for Saturday, February 14th @ BAM visit www.BAM.org or call the box office at 718.636.4100.

For further information please contact Jammins Entertainment at 718.282.8041

Parts of the proceeds will be donated to the AFUWI Scholarship Fund and Provident Clinical Society of Brooklyn.

Plot to kill Kartel in prison

Courtesy of radiojamaica.com

Kingston, Jamaica WI:

The Correctional Service Department has uncovered a plot to kill Kartel. Kartel and three co-accused were convicted last year and sentenced to life imprisonment for the murder of Clive Lizard Williams.

According to well placed sources, prison personnel uncovered the plot to kill Kartel.

It reportedly involved an ancillary worker and a fellow inmate at the Horizon Adult Remand Centre.

According to our sources the ancillary worker confessed that she was directed by the inmate to pick up what was purported to be two bottles of lotion and three ratchet knives.

The bottles are reported to have contained poison which is said to be able to penetrate the skin.

She managed to smuggle the items into the high-security institution. Following investigations the items were discovered in a section of the facility.

The ancillary worker was accosted and she later confessed to being involved in the plot to pass the items to the inmate who was allegedly planning to attack Kartel when both would be released from their cells. The ancillary worker has been taken into custody and is expected to be further questioned.

New Radio station to support Jamaica Reggae Museum

Jamaican International Reggae Museum Ltd., a non-profit organization, announces the licensing and launching of radio station frequency 100.7 FM Alva, Nine Mile, St. Ann.

"Reggae Music has transcended every cultural and racial divide in the world," officials said. "Our aim is to highlight those artists both locally and abroad who have contributed to this great genre."

Internists from Bob Marley Primary and Junior High will engineer and host segments on 100.7 FM at the Museum site locally and on an international platform.

Roxanne Williams, Principal of Bob Marley School, says, "The 21st-century worker, which these students will become, must possess skills and competencies which demonstrate creative thinking and collaboration. They must be conversant with constantly changing technologies and flexible enough to deal with a rapidly changing world."

These are the very skills to which students participating in the activities of 100.7 FM will be exposed. As such, students' interest in career paths outside of those traditionally available to them will be piqued. Additionally, the existence of Jamaica International Reggae Museum's internship plan at 100.7 FM will, in the future, provide avenues for employment of these students in areas where the above-mentioned skills are prized.

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Brooklyn Tax Preparer on Fraud Charges

A Brooklyn tax preparer was indicted on 30 counts of aiding in the preparation of false income tax returns over a six-year span, according to law enforcement.

Awilda Rosario, owner and operator of Edujas Multiservices Corp., faces up to three years in prison and a fine of up to $250,000 for each count, if convicted.

The Justice Department and Internal Revenue Service (IRS) announced the 30-count indictment by a federal grand jury in the Eastern District of New York following her Dec. 22 arrest.

The indictment charges that Rosario prepared false individual income tax returns for taxpayer-clients for at least six years, spanning tax years 2008 through 2013.

Awilda Rosario
Owner and Operator
Edujas Multiservices Corp.

Rosario allegedly attached false schedules that reported business losses the taxpayers did not incur and attached schedules that reported inflated or fictitious deductions. Rosario also attached forms claiming fictitious education and fuel tax credits that the taxpayers were not entitled to receive.

The indictment further alleges that after the IRS revoked the electronic filing number for Edujas Multiservices Corporation, Rosario obtained at least two different e-file provider numbers and continued to prepare and submit false tax returns for her clients, listing a different paid tax return preparer and tax preparer firm to conceal her involvement.

Special agents of the IRS-Criminal Investigation investigated the case. Assistant Chief Jorge Almonte and Trial Attorney Shawn T. Noud of the Justice Department's Tax Division are prosecuting the case.

An indictment merely alleges that crimes have been committed and the defendant is presumed innocent until proven guilty beyond a reasonable doubt.

Counterfeit DVD Movie Supplier Sentenced

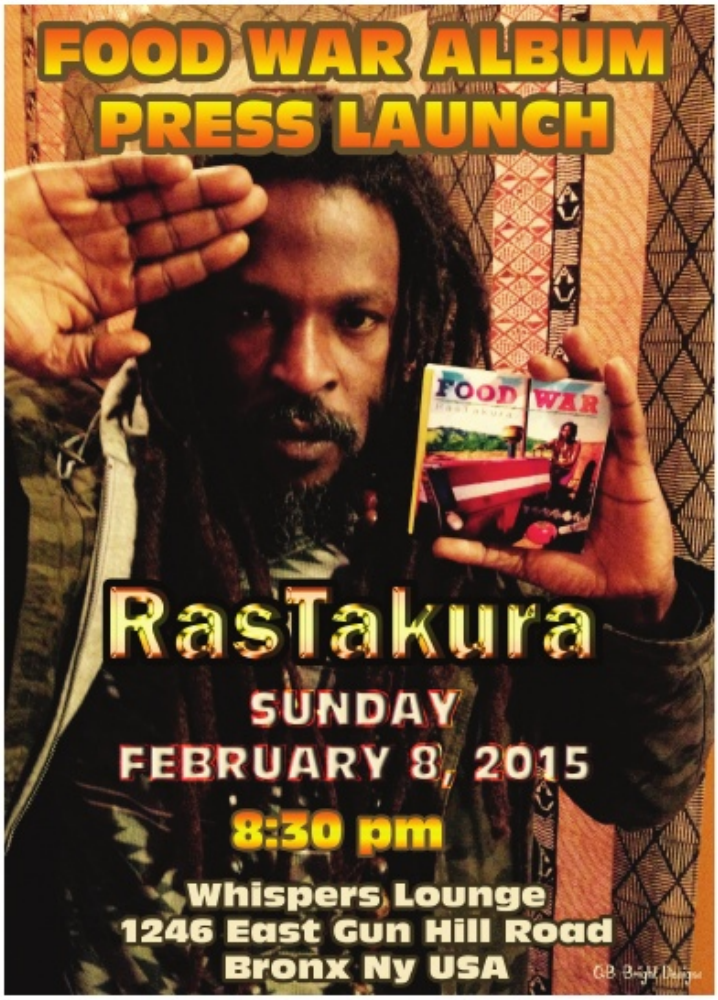
A Brooklyn man was sentenced recently in Honolulu for his involvement in a counterfeit DVD movie ring, announced Assistant Attorney General Leslie R. Caldwell of the Justice Department's Criminal Division and U.S. Attorney Florence T. Nakakuni of the District of Hawaii.

Yakov Meir Chazanow, 41, was sentenced by U.S. District Judge Leslie E. Kobayashi of the District of Hawaii to serve 21 months in prison for conspiring to commit criminal copyright infringement, manufacturing counterfeit goods and to traffic goods bearing counterfeit Dolby trademarks and counterfeit labels.

According to the evidence set forth in the record and at sentencing, from 2004 to 2011, Chazanow supplied over 30,000 high-quality pirated DVDs containing infringing copies of copyright-protected Asian action movies and corresponding counterfeit labels and packaging. He then distributed them to co-conspirators, who in turn sold them to consumers in stores and online.

Chazanow, Sharon Josef and Jeffrey Alan Stockton were all charged in June 2013, and Stockton pleaded guilty to the charged conspiracy and two counts of trafficking in counterfeit labels on Sept. 19, 2013. On Feb. 3, 2014, Chazanow pleaded guilty to the above charges, and Josef pleaded guilty to misdemeanor copyright infringement. On May 12, 2014, the court sentenced Stockton to 21 months in prison, ordered him to pay restitution of $150, and entered a preliminary order directing Stockton to forfeit $250,000 in illegal proceeds, $32,154 in U.S. currency, a 2003 Toyota Tundra, 29 gold bars, 62 gold coins, six palladium coins and five silver coins. Josef, who supplied pirated DVDs from 2011 to 2012, was sentenced to serve four months in prison.

Immigration and Customs Enforcement's Homeland Security Investigations investigated the case. The Motion Picture Association of America, Dolby Laboratories, Inc. and DVD Format/Logo Licensing Corporation provided assistance.



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Audrey A Thomas: A renaissance woman!

Hezron Clarke Declared That "Jamaica Has Its Own Oprah" Her Name Is Audrey A. Thomas, Esq.

Book Release Concert and Empowerment Seminar

On March 29, 2015, at 5:00 pm, the Thomas Empowerment Hour Radio Show, Inc. (TEHRS, Inc.) will present its second annual Book Release Concert and Empowerment Seminar at the prestigious, York College Performing Arts Center in Queens.

The organizers, promise that the event will be an intimate discussion with Jamaican born Attorney, Audrey A. Thomas, Esq., author, inspirational speaker, radio show host, TV personality, Editor-in-Chief of TEHRS.COM Magazine, mother of nine and humanitarian.

The event will be hosted by Jamaica's born, Dr. Kingsley Stewart, aka Ragashanti. There will also be live performances by Jamaican artistes, Philip Frasier, Lukey D, Hezron Clarke (via Satellite), Lady G; New York artistes Wild, Teddy Selassie, Milton Samms, and others not yet confirmed. The selecting will be done by Sound Wave Sounds of Kingston Jamaica and Calico Mix Machine of Bronx.

This event is of great importance because like last year's event, that was held on April 13, 2014 at the same venue, Attorney Steven A. Metcalf, Esq., Executive Director and Host of Tehrs, Inc., announced that "this event aims to perpetuate the original goal of forging a permanent bond between dancehall and intelligentsia."

ABOUT THE HONOREES

Several guests will be honored with the TEHRS, Inc. Humanitarian award for excellence in public service. This year's honorees will be Hon. Charles Joseph Hynes, former District Attorney Kings County; Stuart Rubin, Defense attorney; Hon. Judge Shawndya Simpson; Larry Rothstein, Defense Attorney; Dr. Collie Oudkerk, Dr. Timothy Jayasundera, and several other worthy recipients.

Last year's recipients were, Hon. Justice Evelyn Laporte, Damien Brown, Esq., Douglas G. Rankin, Esq., Jay Schwitzman, Esq., Andrew Stoll, Esq., Elon Harpoz, Esq. Legal Aid Society, Stefani Zinerman, Esq., Patricia D. Simms, Humanitarian, Marilyn Mackie, P.T., Sheryll Ritch, R & R Accounting and Tax Services, Garfield Lyttle, GlobalTech Inc., Futuregrads, Inc. NY, HERO, Inc., Heloise Smith, Burton Buchanan, Douglas Laughman, Dem Man Yah, Inc. and several others.

AUDREY A. THOMAS, ESQ.
Jamaican born Attorney, author, inspirational speaker, radio show host, TV personality, Editor-in-Chief of TEHRS.COM Magazine, mother of nine and humanitarian.

ABOUT THE BOOK

Audrey Thomas said that she wrote this book in honor of those who act without a requirement of reciprocity. She explains that often times we become so self-absorbed and fixated on the wrongs that have been done to us that we lose sight of our own unrighteousness only to become more vile than those who once oppressed or antagonized us.

She believes that the greatest sin is ingratitude and therefore wrote "White Men Aren't Chumps" to remind all occupants of this great planet that there is good and bad in everyone and like the God discussed in the Christian bible, we must necessarily pursue and practice "balance" in everything we endeavor to achieve.

The back cover of the book reads:
"Do not tell me that my problems stem from a collective effort to enslave and oppress me. Against that I will crumble because America is 63% white. Hence, their likelihood for succeeding is greater than mine when they act collectively. Tell me that my justice system works because in a country that is 63% white, I have lived to see a black President, two black District Attorneys, a black Mayor, a white Mayor with a black wife, a really fat Governor (it gives me hope that my weigh is not an issue) and so many other indications that there is no "new form of Slavery" that threatens my happiness and security and calls for my outrage.

Explain to me why it is so important to point out the ills of the past when it would be more commonsensical to address the issues we face today. Our present is what it is because our predecessors addressed appropriately and effectively the issues of the past. Can we choose to address today so that they can have a chance at a united tomorrow?"

This book is a powerful call to reflection. It forces the reader to consider the fact that in the grand scheme of their life, the person in their mirror is more powerful and significant than all others.

SIGNIFICANCE OF THE DATE

PALM SUNDAY is one of the greatest holidays among the religions throughout the world, Mrs. Thomas explains. This she states is because that was the day that the Philosopher Jesus the Christ of Bethlehem prepared himself for one of the greatest acts of human sacrifice, giving of oneself without expectations.

For Audrey, even if you refute completely the literary masterpiece that is now known as the Christian Bible, you cannot deny that it is the greatest philosophical text that was ever written and the accounts on Jesus are the greatest lessons on humanitarianism.

Mrs. Thomas goes on to explain that Jesus believed that by dying on the cross for even his worst enemy, he could change the entire world and make it better for everyone. She explains that to be that selfless is not only honorable but warrants great regard.

By holding the book release and empowerment seminar on Palm Sunday, Mrs. Thomas hopes to be a constant reminder to the world that to whom much is given, much more is required.

BENEFITS TO JAMAICA

This book release concert and empowerment seminar is of particular benefit to Jamaicans because it addresses the disparity between the classes in Jamaica, WI. There is no doubt there is a tremendous disparity between the classes in Jamaica, WI. Mrs. Thomas eloquently notes that while traditionally there has never been an issue of race in Jamaica WI, there has undoubtedly been a class struggle.

TEHRS, promises to be the bridge that will close off the gap between "uptown and Matthews' lane".

Audrey Thomas is the consummate intellectual and she boasts her enduring connection to Matthews Lane in that her grandmother, mentor and idol, Olga Miller, AKA Ms. Babydeer, as she puts it, has been and is still today a Haggler in Matthew's Lane.

Audrey insist that there is a symbiosis between Dancehall and intellectualism and that her role is to maintain the necessary balance between the two. She has declared that TEHRS, Inc. will provide this venue every year on Palm Sunday as a symbol of remembrance for those who dare to forget that "to whom much is given much more is required."

ABOUT THE AUTHOR

Audrey Thomas is truly a renaissance woman! She currently runs a general practice law firm in Queens County known as The Law Offices Of Audrey A. Thomas, PC, at 245-07 Francis Lewis Blvd, Rosedale, NY 11422 (718-276-2729).

Audrey serves as the co-host of the Empowerment Hour Radio Show on 93.5 FM (WVIPFM.COM TO LISTEN LIVE) with Debbie Cort, Steven Metcalf, Esq., Javien Forbes, Andrew Stoll, Esq., DJ Wild, Tatiana Coy, Breanna Coy, Sean-Patrick Coy and Richard Littlejohn the Engineer. She is also the Editor in Chief of TEHRS.COM magazine, the CEO of the back office service company known as The Empowerment Center LLC, and she sits on the Executive Board for ILoveNow, Inc.

In addition to the above professional accomplishments, Mrs. Thomas has written or co-authored several incredibly thought provoking books. This includes, but is not limited to the spectacularly personal and phenomenally inspirational book "Your Eyes Can't See My Heart."

She is not at all reticent to point out that her professional successes would have been impossible without her substantial educational background.

Mrs. Thomas graduated from St. John's University School of Law in 2000 where she earned a Juris Doctor Degree; Brooklyn College in 1997 where she earned a Masters Degree in Public Administration; St. Francis College in 1995 where she earned her Bachelor of Arts Degree in Political Science and an Associate Degree in Criminal Justice; Blake Business School in 1989 where she earned a Degree in Business and George W. Wingate High School in 1987 after acquiring the General Equivalency Diploma (G.E.D). Audrey acquired several certificates from New York City College of Technology for successfully completing several self-betterment courses.

She has also attended IS 391 Brooklyn, NY; PS 189 in Brooklyn, NY, Rennock Lodge primary school Kingston, Jamaica WI, and Holy Rosary primary school, Kingston Jamaica WI.

Continued on page 13

Super lawyer, super woman, super everything

Continued from page 12

She candidly declares that she attended Capella University briefly in pursuit of a PHD in Psychology "but life got in the way" and she withdrew. Audrey plans to return when she retires.

PARENTHOOD AND RELATIONSHIPS

With this voluminous list of accomplishments Audrey has found a way to undertake the most difficult task most human beings will endure; parenthood. Mrs. Thomas is a 44 year old mother of nine children (6 girls, 3 boys), two grand-daughters, one grandson, and two step-children (1 boy and 1 girl).

She was in a relationship with Michael Kimbrough for a number of years. She then married and divorced Andrew Coy. Later she co-habited with Richard Laing. Mrs. Thomas is now married to Jermaine T. Thomas but the two are legally separated as they work on finalizing an amicable divorce.

In addition to the above relationships, Audrey Thomas has dated a number of individuals, all of whom she loved dearly. She has yet to find a love like the one she describes in this book and other books she has written. However, Audrey declares that she is enjoying the hunt.

Audrey has expressed sincere regret that until now, it never occurred to her that she enjoyed a privilege that so many Americans have been denied, the right to enter into and out of marriage as she saw fit.

Audrey A. Thomas

AWARDS

Audrey Thomas was named mother of the year for 2014 by Wake Up Radio, with Carl B. Moxie and she was the recipient of the Linkage Award for the best Legal Program for 2014.

She has been featured on Profiles with Ian Boyne, TVJ Studios Jamaica WI; Video Alley with Suzie Q. CVM Studios Kingston Jamaica WI; CTVN1.COM TV New York, NY; Public Access Television with FutureGrads, Inc. New York, NY; and was the subject of an impressive article printed in Street Hype Newspaper, New York.

Mrs. Thomas declares that she is most proud of the fact that she was recently conferred the honor of being the keynote speaker for the graduating class of 2014 of Public School 189 of Brooklyn, NY, her alma mater.

ILLEGAL ALIEN

Prior to this, Mrs. Thomas worked under the tutelage of the Honorable Charles Joseph Hynes, her former boss, Professor and mentor, as an Assistant District Attorney in the Office of The District Attorney Kings county (2000-2004).

Her favorite quote is "if at first you don't succeed brush yourself off and try again." This is because Mrs. Thomas has overcome much adversity.

Audrey was born in Jamaica WI and was smuggled into the United States at age 10. She was an illegal alien for nine years and ultimately gained United States citizenship through Ronald Reagan's amnesty program in 1989. She was a victim of rape and child molestation.

ADULTERY, DOMESTIC VIOLENCE

She had her first child at age 15. Mrs. Thomas survived adultery, domestic violence, and so many things that would have ruined other people's lives. Yet, she continues to excel and declares that being targeted made her more compassionate, tolerant and understanding.

Audrey often said "The things worth having do not come by struggle. Success is as simple as choosing to turn around and walk the other way."

Her legacy is definitely her testimony that, despite the detours she made, the pitfalls she championed, and the obstacles she faced, she continues to excel in all she endeavors to do. It is clear that Audrey has cruised effortlessly through her life's journeys.

JAMAICAN OPRAH

It is no surprise that the incomparable reggae artiste, Hezron Clarke, hails Mrs. Thomas as the Jamaican Oprah. Mr. Clarke has made a parody from Whitney Houston's "Greatest Love of All" (www.Tehrs.Com/Hezron) in which he proclaims that he believes, "....Audrey A. Thomas, Is The Future...." and that she has found the "....Greatest Lawyer of All And Her Name Is Audrey....." According to Mr. Clarke, "Audrey Thomas is a "super lawyer, super woman, super everything."

To say that she is destined for greatness is an understatement because Audrey has accomplished greatness seven times over.

Hence, we have resolved to accept, as she declares, that Audrey A. Thomas continues to strive for "Greaterness" as she travels along life's journey!

In light of the above, it follows logically for one to conclude that on March 29, 2015 there will be much more than just an intimate discussion with its own musical accompaniment. As it is clear that Audrey A. Thomas, and TEHRS, Inc. will inspire and empower all who attend this eclectic and dynamic celebration of unity and self-awareness.

To learn more about TEHRS, Inc., Audrey A. Thomas, and/or the EVENT, WWW.TEHRS.COM or call 877-LAW-NERD (877-529-6373 or 718-276-2729.

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Dr. Martin Luther King Jr. Math Competition Winners

Grade 8 Math Club winners pose for the camera the eleventh Dr. Martin Luther King Jr. Math Competition, which was held on Saturday (January 17) in The Bronx. -Photo by Leighton

Grade 6 Math Club winners at the eleventh Dr. Martin Luther King Jr. Math Competition held on Saturday (January 17) in The Bronx. -Photo by Leighton

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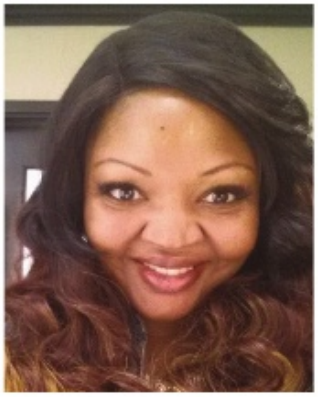
• Wash your hair at least thrice a week with a mild herbal shampoo. If you have normal hair then you can wash hair every alternate day of the week.
• Do not apply shampoo directly on your scalp. First, mix with small amount of water. Then message gently with it on your scalp for just 2 mins
• Use an Anti-Dandruff shampoo if you are having dandruff. Keeping your scalp clean is important to maintain good health of your hair.
• Do not apply oil on the scalp if you have Dandruff. Oil makes the scalp sticky and along with dandruff it can lead to infections.
• Do not comb in wet hair. It will lead to easy hair fall. Dry your hair first with a towel.
• Try to comb with the fingers first if you have long hair.
• Always start combing your hair with broad teeth comb.
• Try to avoid unnecessary cosmetic products like gels, creams colours etc. it may lead to chemical damage to the hair.
• Always use ammonia free dye for hair.
• Do not wear others' helmets or caps which may lead to infection on the scalp.
• Do not use others' comb.
• Do not tie hair in one direction very tightly.
• Keep on changing your hair styles after few days.



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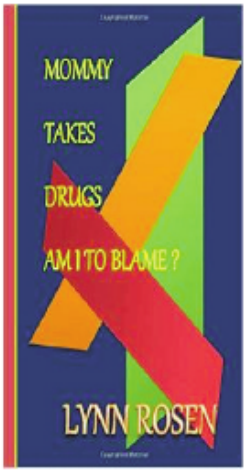

Theresa Kemp (Publicist)
theresa.kemp53@hotmail.com
Office Tel : 718-828-2540
Cell : 347-353-4820

Dollar Van Driver Shot, Killed in Queens

QUEENS:

Police are investigating the shooting death of a dollar van driver in Queens. Police say Leon Brown, 38, was shot and killed Tuesday morning in Rockaway Beach.

Investigators believe the shooting grew out of a dispute between Brown and the driver of another dollar van.

They say Brown got out of his van and was approached by the other driver, who shot him once in the chest and fled the scene.

Friends and family say Brown will be missed. "He's always been a very outgoing guy. He's pretty much a family person, he's just been a real father to his children and his family," said Peter Clark, a family friend.

"It's a tragic situation. We're trying to cope. We've got friends, we've got family hanging around us trying to give us their support. And we're just trying to do our best," said Adrian Brown, the victim's uncle.

The New York Federation of Taxi Drivers is offering a $3,000 reward for information leading to an arrest.

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LIFE STYLE

Happily Married Woman Still Misses Lover Who Never Was!

ADVICE COLUMN
BY
DIVINE DIVA
divinestreethype@gmail.com

Dear Divine Diva:

My husband, "Patrick," and I have been happily married for more than three years and have an infant son. Five years before I began dating Patrick, I became friends with a man I'll call Gareth.

After a few years, we grew very close. Gareth and I acted more like a couple than mere friends, escorting each other to parties, carrying on hour-long late-night phone chats before saying goodnight, finding excuses to be close and to touch, and a mutual jealousy of any potential other dates for either of us. Eventually, I realized I had fallen in love with him, but I didn't tell him for fear of ruining my relationship with my best friend. While I was never certain, I suspected that Gareth felt the same way about me. Except for a few occasional kisses and tender moments, however, our relationship remained strictly platonic. As the years went on, I grew restless. It became apparent that even if Gareth did have feelings for me, he would never act on them. It was at this point that Patrick entered my life. He was wonderful to me, and I knew it would be unfair to both of us to continue the friendship with Gareth, so I consciously let our friendship slip away while I fell in love with Patrick. Today, my life with Patrick is happy and fulfilling, and I know that he is the love of my life. Despite this, I still miss the close relationship I had with Gareth. While I would never attempt to contact Gareth, I feel as if I am emotionally cheating on Patrick because Gareth crosses my mind several times a day, and I feel the absence of what was my best friend. These constant memories make me feel guilty. How can I find emotional closure from my past relationship?

-Needs Closure In New York

Dear Needs Closure:

It will take time and understanding on your part that unfertilized romances such as the one you had with Gareth can be hard to shake. Anyone who has had a relationship of the duration and type you have described has similar feelings -- and these feelings can "pop up" when we least expect them. (It's almost like the craving for a cigarette, long after a per-son has quit smoking.) My advice is to stop feeling guilty about your feelings. Gareth was the center of your life for a long time, and in a way he became "imprinted" in your electrical circuitry.

This does not mean you are still in love with him, or that you are betraying your husband because Gareth pops into your consciousness. Furthermore, the harder you try to suppress it, the more he will appear. So please, remind yourself every time that Gareth "appears" why the relationship ended. He was not your Prince Charming. He was your learning experience on the way to finding happiness, preparing you for the man you finally married.

-Always Divine Diva

Please send questions and comments to Divine Diva • divinestreethype@gmail.com

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CAPRICORN-Make a major new start in 2015, Capricorn, or perhaps several minor ones. Let your heart and passion be your guides. Then be your own best friend rather than your own worst enemy.

SAGITTARIUS-What a great year to be a Sagittarius! With so much admiration, respect, and authority coming your way, it could be hard to remember to be modest. Make the effort, though, be gracious and understated, and people will regard you all the more.

SCORPIO-Powerful good luck and instant energy are at your fingertips in 2015, Scorpio. Given your natural level of intensity, you'll need extra effort almost every day to not burn out or frazzle the people around you.

LIBRA-2015 gives you a deeper desire for material security and luxury. This means you'll have greater motivation and ambition. In your gentle, agreeable Libra way, you'll accomplish more and attract more compatible people into your camp.

VIRGO-2015 is a year of great luck and abundance, Virgo. There will also be strong feelings, opinions, and a great drive to succeed. It may be hard to think straight all the time amidst so much activity and bustling daily life, but you'll do your best.

LEO-You have a well-balanced year ahead, Leo, with plenty of passionate Fire, sensitive Water, practical Earth, and diplomatic Air energies at your fingertips.

CANCER-You may feel a bit like a sea creature out of water this year, with only sensitive Neptune in a fellow Water Sign (Pisces). This will illuminate your instincts, feelings, and intuition compared to all the other signs.

GEMINI-2015 is an exciting year, Gemini, when relationships bloom, opportunities for personal growth and maturity abound, and friends and family become more cherished.

TAURUS-2015 is a great year for Taurus to begin something new and maybe choose a new direction for some part of your life. Mentally, you may have been preparing, and now's the time.

AIRES-Your year starts off so hot and high-energy, Aries, that you may sometimes look in the mirror and wonder who that person is!

PISCES-If you've ever dreamed of taking a step up and being a bigger, better you, 2015 is your year! Fresh, unexpected opportunities are everywhere, and doors will magically open for you, Pisces.

AQUARIUS-2015 sees you firmly in control of your own world, Aquarius, as well as prominent and lucky in public. Jupiter is at the top of your chart all year. You can keep your private goals and desires private and still shine and work wonders for others.

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NOTICE OF PENDENCY OF ACTION
SUPREME COURT OF THE STATE
OF NEW YORK COUNTY OF BRONX

----------x

Index No. 251492-2011

Richard Gordon Petitioner(s),-against- Wells Fargo Bank Minnesota,NA as Trustee in Trust for Registered Holders of First Franklin Mortgage Loan Trust 2003_FF1 Asset Backed Certificates, Series 2003; Etal Defendant(s).

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NOTICE IS HEREBY GIVEN that an action has been commenced and is now pending against the above named defendants pursuant to the applicable provisions of NY. RPP. LAW § 392 : NY Code - Section 392 to recover the property, NYRPL 1941; NYRPL 1944; NYRPL 1946 for QUIET TITLE.

Pursuant to NY RPP Law any title registration procured by or as the result of fraud may be set aside in the same manner and by the same proceedings as in the case of a deed obtained by fraud; provided further that the action or other proceeding to set aside such registration be commenced within ten years from the time when the final order or judgment of registration was filed in the office of the county clerk of the county in which the property is located.

Whenever real property shall have been conveyed by sherriff or referee, pursuant to judicial decree, which decree has been lost or destroyed, and the defendants (other than lienors or incumberances) named in the Notice of Pendency of the action in which such decree was made, or those who might claim under them, or either of them, are dead, or unknown, or their whereabouts can not after diligent inquiry be ascertained, the person who has been, for ten years in actual possession of such propery claiming it in fee under said sherriffs or referees deed, which deed shall have been recorded at least ten years, may maintain a special proceeding for the purpose of establishing judicially his or their title to such real property.

Pursuant to NYRPL 1944 the court shall make a FINAL ORDER declaring the title of the Petitioner to such real property have been judicially established and shall be filed in the office of the clerk of the BRONX COUNTY, in which the real property is situated and that order is evidence to restore property under the law and maintained against the defendants, etal. under NYRPL 1941.

AND NOTICE IS FURTHER GIVEN that the premises affected by the said QUIET TITLE action and NY. RPP. LAW § 392 : NY Code - Section 392 to recover the property, were, at the time of commencement of said action, and at the time of the filing of this notice situate in District 12, Section _17, Block 4872, and Lot 68 on the land and tax map of the County of BRONX in the State of New York, and is more fully described as follows:

ALL THAT CERTAIN PLOT, PIECE OR PARCEL OF LAND, with the buildings and improvements thereon, erected, situate, lying and being in the Borough and County of the Bronx, City and State of New York, known and designated as Lot No. 151 on a certain map entitled "Map of 329 choice lots, being part of the Schieffelin Estate, situate in the 24th Ward of New York City" Borough of Bronx, Made by Charles A. Mapes, C.E. and C.S., dated May 25, 1906 as Map No. 1114A, bounded and described as follows:

BEGINNING at a point on the southerly side od East 226th Street, distance 183.01 feet westerly from the corner formed by the intersection of the southerly side of East 226th Street with the westerly side of Laconia Ave;

RUNNING THENCE southerly at right angles to the southerly side of East 226th Street, 109.01 feet;

THENCE westerly paralled with the southerly side of East 226th street, 25ft;

THENCE northerly again at right angles to the southerly side of East 226th Street 109.01 to the southerly side of East 226th Street;

THENCE easterly along the southerly side of East 226th Street, 25 feet to point or place of BEGINNING.

TOGETHER with all right, title and interest of the defendants in and to the land lying in the streets and roads in front of and adjoining said premises.

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HEALTH & NUTRITION

Health Insurance Deadline for New Yorkers -Feb 15

The Health Department and the Human Resources Administration (HRA) recently launched a new ad campaign to remind New Yorkers that they may qualify for a health insurance plan available through the Affordable Care Act at no cost.

To find help signing up for health insurance before the open enrollment period ends on Feb. 15, New Yorkers can call 311 or text "CoveredNYC" or "SeguroNYC" to 877877 to get connected with someone who can help them enroll for health insurance in person. The new ads will run on subways and buses and in businesses through Feb. 15.

Health Commissioner Dr. Mary Bassett made this announcement at NYC 311's Call Center, where she was joined by NYC 311 Executive Director Joe Morrisroe, Mayor's Office of Health InsuranceImmigrant Affairs (MOIA) Commissioner Nisha Agarwal, Human Resources Administration (HRA) Commissioner Steven Banks, Manhattan Borough President Gale Brewer and Marjorie Cadogan, Executive Deputy Commissioner for Citywide Health Insurance Access at HRA.

"Having health insurance and seeing a primary care physician regularly are crucial steps towards reducing health disparities in New York City," said Health Commissioner Dr. Mary Bassett. "If you think health insurance is out of reach, think again. Many New Yorkers qualify for health insurance at no cost. Call 311 or text CoveredNYC to 877877 to find help today."

"The de Blasio Administration is conducting a broad outreach campaign because we want to be sure that everyone who lacks health insurance takes advantage of this opportunity to sign up for no or low-cost coverage," said HRA Commissioner Steven Banks.

The Affordable Care Act makes health insurance attainable for those who previously could not afford coverage or do not have coverage available through their employer. Nearly 900,000 New York City residents have already enrolled in free and low-cost health insurance plans through the New York State of Health Marketplace. In addition to the bus and subway ads, posters will be displayed and flyers distributed in small businesses in communities in the five boroughs to encourage New Yorkers to get covered before the deadline.

Prior to Affordable Care Act implementation, the Bronx, Brooklyn, and Queens had a higher number of uninsured adult residents than Manhattan or Staten Island. According to the Health Department's 2013 Community Health Survey, New Yorkers living in West Queens, East New York, Sunset Park and East Harlem have the highest rates of uninsured adults, with more than 30 percent of residents reporting that they do not have health insurance.

According to the 2013 Community Health Survey, non-Hispanic blacks made up 24 percent of the uninsured population in New York City and Hispanics made up 44 percent of the uninsured population before Affordable Care Act health insurance plans were available.

Although New York State data shows that progress was made during the last open enrollment period, with 102,534 non-Hispanic black residents enrolled (21 percent of all enrollees) and 138,979 of Hispanic residents enrolled (28 percent of all enrollees), there is still more work to be done to help uninsured New Yorkers sign up for health insurance.

"Access to comprehensive, quality health care services is critical for the achievement of health equity and for increasing the quality of life for all New Yorkers," said NYC311 Executive Director Joseph Morrisroe. "NYC311 is pleased to provide New York City residents with information about new affordable health insurance options and assist them with enrollment."

"We know from last year that it's easier for people to get health insurance if they have someone help them enroll," said Marjorie A. Cadogan Executive Deputy Commissioner for Citywide Health Insurance Access at HRA. "Certified Application Counselors are available to help people understand their health insurance options and enroll them in coverage."

"It's crucial to encourage immigrants to learn more about getting affordable health insurance coverage, especially since many people do not even know they may be eligible," said Commissioner of Immigrant Affairs Nisha Agarwal. "Health insurance coverage isn't just a tool to get check-ups.

Craving vs Hunger

NUTRICARE

By
GLORIA BENT,
MS, RD, CDN
Nutritionist
Questions & Comments:
Gloria.Bent@gmail.com

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- Cook a portion-controlled meal

HEALTH -- FREQUENTLY ASKED QUESTIONS

What is trans fat?

Most trans fat is produced artificially through a chemical process that adds hydrogen to vegetable oil, resulting in a "partially hydrogenated" oil.

Which foods contain trans fat?

While trace amounts of trans fat are found naturally in meat and dairy products, most trans fat in our diet is artificial. Common sources of artificial trans fat include: foods fried in partially hydrogenated vegetable oils; margarine and vegetable shortening; prepared foods such as pre-fried French fries, taco shells, and doughnuts; baked goods such as hamburger buns, pizza dough, crackers, cookies, and pies; and pre-mixed products such as pancake and hot chocolate mix. Products made with artificial trans fat have "partially hydrogenated" oil listed in the ingredients. All of these products can be made without artificial trans fat.

Why is trans fat so bad?

Not only does trans fat increase LDL ("bad") cholesterol, it lowers HDL ("good") cholesterol. Trans fat has no known health benefits. There is no safe level of artificial trans fat consumption.

How can I avoid eating trans fat?

NYC has restricted trans fat use in food service establishments. Consumers can further avoid trans fat by checking the Nutrition Facts panel on packaged foods to choose foods with 0 grams trans fat. Food companies can list the amount of trans fat as '0g' on the Nutrition Facts panel and claim "0g Trans Fat" if the amount of trans fat per serving is less than 0.5 grams.

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Your 2015 Financial Goals

Courtesy of www.takechargeamerica.org

Whether or not you make New Year's Resolutions, the New Year is a good time to take stock of important milestones, including your personal financial situation.

Did you run up some holiday debt you'd like to pay off quickly? Are you falling short of having $3,000 in your emergency fund? Or maybe you're thinking it's time to quit relying on credit cards to make ends meet.

Let's take a look at some of the financial goals you might want to set for 2015.

Starting an Emergency Fund – Setting aside money for emergencies is one of the most important things you can do to help ensure financial stability. Wouldn't it feel great not to rely on credit cards or short-term loans to pay for an unexpected home repair, medical bill or car repair? If the goal of a $3,000 emergency fund seems impossible, remember, it won't happen in a month or two. But consistently setting aside a set amount, plus earning extra money for the sole purpose of building up your emergency fund. will get you that much closer to the goal.

Stop Using Credit Cards – Do you really want to be paying off this week's groceries five years from now? If you're relying on credit cards for everyday purchases or making minimum payments on maxed-out balances (or both), it's time to make some changes. Credit counseling can help you break the credit card habit by helping you develop a realistic budget based on your actual income.

Start or Increase Retirement Savings–It may seem like it's a long way off, but the years pass quickly. If you don't start planning for retirement now, you could find yourself in financial trouble later in life. Enroll and contribute to a 401(k) plan if it's available to you, or start a Roth IRA. Your future self will thank you.

Establish and Follow a Budget – It's not trendy or glamorous, but a good, old-fashioned budget might be just what you need to help you reach your financial goals. After all, how can you make good decisions if you don't know exactly what you're working with? It doesn't have to be complicated; even a basic accounting of how much money is coming in, going out and where it's going can help you make better financial choices.

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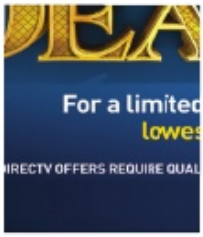

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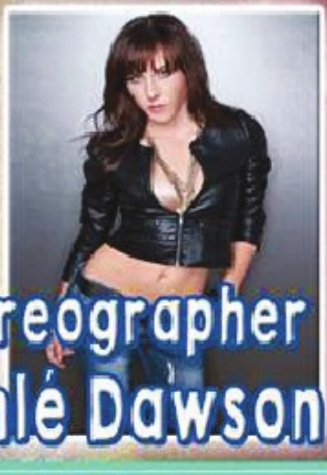

SYTYCD Choreographer
Ashlé Dawson

N'Kenge

Talia Sperandio

Lizzy Aiello

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